

Abstract of th Disclosure

A golf swing training apparatus increases the efficiency of the training process for a desired golf swing. Multiple training apparatus are mounted on a support base to define the proper golf swing path and corresponding body movement. The golfer strikes a barrier when the golf swing is performed in an undesirable manner, thus providing negative feedback in the training of the desired swing yet positive results. The apparatus allows a golfer to practice a selected swing without restraints to facilitate muscle memory of an optimal golf swing and with optimal body movement.